



SEX: Female
AGE: 39

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	4.2	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.059	< 0.060	
Barium (Ba)	0.06	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.17	< 0.60	
Mercury (Hg)	2.1	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.20	< 0.060	
Nickel (Ni)	0.05	< 0.30	
Silver (Ag)	< 0.006	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.41	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th		
Calcium (Ca)	506	300- 1200			
Magnesium (Mg)	27	35- 120			
Sodium (Na)	62	20- 250			
Potassium (K)	46	8- 75			
Copper (Cu)	9.6	11- 37			
Zinc (Zn)	170	140- 220			
Manganese (Mn)	0.10	0.08- 0.60			
Chromium (Cr)	0.32	0.40- 0.65			
Vanadium (V)	0.029	0.018- 0.065			
Molybdenum (Mo)	0.035	0.020- 0.050			
Boron (B)	0.66	0.25- 1.5			
Iodine (I)	0.16	0.25- 1.8			
Lithium (Li)	0.006	0.007- 0.020			
Phosphorus (P)	219	150- 220			
Selenium (Se)	0.70	0.55- 1.1			
Strontium (Sr)	0.39	0.50- 7.6			
Sulfur (S)	43300	44000- 50000			
Cobalt (Co)	0.004	0.005- 0.040			
Iron (Fe)	4.1	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.059	0.007- 0.096			
Zirconium (Zr)	0.10	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 12/13/2017		Ca/Mg	18.7
Date Received: 12/19/2017		Ca/P	2.31
Date Completed: 12/21/2017		Na/K	1.35
Methodology: ICP/MS		Zn/Cu	17.7
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Black	Treatment:		
Shampoo: Herbal Essence			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

1. I currently been still dealing with my thyroid issues (hypothyroid). Stopped nature thyroid and T3 cause i think they are not doing anything right now. Even if im taking 100 mg of T3 at one point. Latest thyroid panel was on 1/31/18. Reverse T3 is 14, TSH 4.31, free t4 1.3, free t3 3.0. My cortisol levels now are back to normal. Last 6 months ago cortisol is high. Sleep has improved. sex hormones initially progesterone low compared to estrogen, but now its okay but still DHEA and testosterone level are low. Noticed when i get to my 14th through my day of period will have disrupted sleep (wake up middle of d night or really early) and headaches. i think may because of my hormones. I dont know. Still feet and hands cold or im always cold. I gained 30 lbs now from the past 6 mos. its easy to gain but im not losing any even if i fast. Before its easy for me to loss weight. I noticed my digestion is very slow that just eating 1 meal (breakfast) im still full until diner. Constipated before but since i started chelating and taking supplements im getting BM daily. Depression still present. Fatigue not much anymore. Not sweating no matter how hard i exercise. Head just sweat but not body.

2. Had amalgams since grade school. I just had them removed 5 amalgams Recently (Dec 2017) by IAOMT dentist (that was expensive!!). Dentist replaced it with BPH free material.

3. Not sure if my mom has silver fillings.

4. I always take flu vaccines every year. But now will stop.

5. I was taking nature thyroid, T3, hpi axis supplement, PS plus, vit D, vit A prior to test.

6. Im 39 y/o, 5" 4', weight is 162 lbs.

7. I have MTHFR snip.

8. Living in Florida, gainesville city.